

# HOME OF THE BULLDOGS



## Upcoming Events!

Sep. 7th- Labor Day – No School

Sep. 22nd & 23rd - Parent Teacher Conferences

Sep. 25th– No School



## 4 Skills to Increase your Success

### 1. PAY ATTENTION!

**Do:** Look at the teacher

Listen to what is being said

Think about what is being taught

Work on assignments in class

**Don't:** Play with your phone

Daydream

Socialize with friends (wait until lunch/after school)

### 2. Minimize Distractions!

If you become distracted in class...

**a)** Take 5 deep breaths—If the distractions are frustrating you this will give you time to calm down

**b)** Sit in a place where you are not close to friends that are likely to distract you

### 3. Do your Homework!

**a)** Set a time each night to work on homework.

**b)** Work in a quiet place free from distractions.

**c)** Start with the hardest assignment first. Take a 15 minute break every hour.

**d)** Get help if you need it!

### 4. Ask Questions!

**Ask questions when:** You don't understand

You need more information

You want to check if you're doing it right

You want to check if you're doing it wrong

# How to Organize your Digital Files!

Break up your courses by term!



Keep a folder for each course!



Keep folders for recurring assignments  
or

Projects

or

Other similar assignments you can group together

**Hint: Make this folder easy to find. Try keeping it on your desktop!**

## Faculty Spotlight



Ms. Anderson is one of the most helpful people at Olympus Jr. High! She has been here for over 25 years! Ms. Anderson, the

Registrar, is originally from Salt Lake. However, she spent some time in California. Hence, her love for the beach. Ms. Anderson has 6 kids and 17 grandchildren, and she loves to read. If you have questions, Ms. Anderson is certainly the one to ask!

### Can YOU solve this problem?

$$\text{Watermelon} + \text{Watermelon} + \text{Watermelon} = 36$$

$$\text{Watermelon} + \text{Orange} + \text{Orange} = 28$$

$$\text{Orange} - \text{Banana} = 3$$

$$\text{Orange} = ? \quad \text{Watermelon} = ? \quad \text{Banana} = ?$$

The first 3 students to correctly solve this problem will receive a prize. Stop by the counseling office to see if you got the answer right!

## Who's My Counselor?

Ms. Kendall A-G: [ckendall@graniteschools.org](mailto:ckendall@graniteschools.org)

Ms. Johnson H-M: [nejohnson@graniteschools.org](mailto:nejohnson@graniteschools.org)

Mr. Howe N-Z: [llhowe@graniteschools.org](mailto:llhowe@graniteschools.org)